



Come, enjoy the joy of yoga! Discover the profound harmony of mind, body, and spirit through the practice of yoga with our year round Yoga Classes!

According to Sri Aurobindo, all life is Yoga, while Yoga as a sadhana is a methodised effort towards self-perfection, which brings to expression the latent, hidden potentialities of being. Success in this effort unifies the human individual with the universal and transcendental Existence. Unleash your body's full potential and embark on a transformative journey with our invigorating yoga classes. Join us at Sri Aurobindo Ashram-Delhi Branch and experience the blissful benefits of yoga practice.

Why Us?

- Expert & Experienced instructors**
- Welcoming Community**
- Customized approach**
- Serene Ambience**

Why Yoga?

- Rejuvenate your mind, body, and soul**
- Enhance flexibility and strength**
- Boost energy & Vitality**
- Cultivate mindfulness**



Year round Yoga classes

Timings	Days	Trainers
8.30 am to 10 am	Sat, Sun	Mr Deepak Jhamb- A highly skilled and experienced yoga teacher with over 30 years of experience in Yoga training. Consultant to WHO, he conducts workshops on Integral Yoga (available for individual classes by appointment)
11 am to 12 noon	Mon, Wed, Fri	Ms Vidya Mundhra - A certified Hatha Yoga Teacher, specialisation in Cancer recovery, rehabilitation, & cervical sponylosis from The Yoga Institute , Mumbai. Uses Holistic and Fusion teaching model.
6.45 am to 7.45 am	Mon, Wed, Fri	Ms Priya Pranav Gupta - An Experinced Yoga teacher with over 26 years of experience in teaching various methods of yoga . She follows Iyenger Yoga method. Yoga is her passion, she enjoys training and guiding people.



• Registration •

The Mother's Integral Health Centre

Timings : 8.30 am to 3 pm any working day

Walk-in-registration
Appointments also available





**SRI AUROBINDO ASHRAM
DELHI BRANCH TRUST**

**COME , ENJOY THE JOY OF YOGA
BALANCE YOUR MIND, BODY AND SOUL**

YOGA

Year round classes on Yoga

**INDIVIDUAL CLASSES
BY PRIOR APPOINTMENT**



Timings

Days

Trainer

CALL :

6.45 to 7.45 am

Mon,Wed, Fri

Ms Priya Gupta

8800552685 Sanjeeb/Divya

11 am to 12 pm

Mon,Wed, Fri

Ms Vidya

10 am to 12 pm

Mon,Wed, Fri

Mr Deepak

Venue : Chetna Yoga Hall

MORE CONTACT INFO:

tmihc2000@gmail.com

www.sriaurobindoashram.net

Timings : 8.30 pm to 3 pm any working day

Registration :The Mother's Integral Health Centre

Walk-in-registration/Appointments also
available